

# Store drugs and alcohol safely at home

Take these steps to prevent youth from accessing substances like **marijuana**, **alcohol**, **medications**, **cigarettes** and **vaping products** at home.

Best Starts for  
**KIDS**



King County

**MIDD**  
Supporting behavioral health and recovery

Public Health  
Seattle & King County



## 1 Safely store substances

You already store things like cleaning supplies and dangerous tools in a safe place away from kids. Treat substances the same way. **Lock marijuana, alcohol, medications, and cigarettes and vaping products in a cabinet, box, or drawer.**

## 2 Keep track and dispose

Know the types and amounts of substances you have. **Get rid of medications that are no longer needed or expired.** Find a drop-box near you at: [takebackyourmeds.org](https://www.takebackyourmeds.org).



## 3 Talk to youth

Help youth make healthy decisions. **Talk about substance use and set clear expectations.** Get tips on how to have these conversations at: [starttalkingnow.org](https://www.starttalkingnow.org), [talkevenif.com](https://www.talkevenif.com)

# Substance Safety at home



## 1. Safely store substances

49% of Seattle 10th graders report it would be easy for them to get alcohol. 25% of Seattle 8th and 10th graders that got alcohol in the past 30 days report they took it from home without permission.

-Healthy Youth Survey, 2021



## 2. Keep track and dispose

Over the counter drugs, like cough syrup or cold medicine, are the most misused medications by Seattle 10th and 12th graders.

-Healthy Youth Survey, 2021



## 3. Talk to youth

Kids who learn about the risks of alcohol and other drugs at home are less likely to use. Only 57% of Seattle 10th graders report talking with their parents in the past year about not using marijuana.

-Healthy Youth Survey, 2021

**Questions? Reach out!** Public Health - Seattle & King County: [206-263-8955](tel:206-263-8955)

Brought to you by Seattle Public Schools and paid for by the Washington State Department of Health with Dedicated Marijuana Account funds, and King County Best Starts for Kids Levy